



# Life Coaching SUCCESS:

## Personalized Coaching Blueprint

Your Unique, Individualized Roadmap for Your  
Journey to Life Coaching SUCCESS

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**Lesson V:**

What do you need to do to accomplish Goal (c)? \_\_\_\_\_

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When will you get started on Goal (c)? \_\_\_\_\_ (soonest possible date)

What happened when you started on Goal (c):

Date of completion of Goal (c): \_\_\_\_\_.

**Resources:**

1. Benefits of Reinforcement/Compliments on Continued Success
2. 101 Affirmations
3. Building Self-Confidence
4. 10' repetitions of Affirmations

Self-Hypnosis Exercise